

# Marshmallow-Matrix Meal Plan

|            |   | tägl. Portionen | tägl. Kalorien        |
|------------|---|-----------------|-----------------------|
| Protein    | ● | 1 x             | x 100 kcal = 400 kcal |
| RedCarbs   | ● | 7 x             | x 100 kcal = 700 kcal |
| GreenCarbs | ● | 3 x             | x 50 kcal = 150 kcal  |
| Fette      | ● | 7 x             | x 50 kcal = 350 kcal  |
| Adds       | ● | 1 x             | x 25 kcal = 100 kcal  |
|            |   |                 | = 1700 kcal           |

|           |            | Port. | Montag                           | Port. | Dienstag                  |
|-----------|------------|-------|----------------------------------|-------|---------------------------|
| Frühstück | Protein    | 1 x   | Magermilch 250 ml                | 1 x   | Ei 1 Stück                |
|           | RedCarbs   | 2 x   | Haferflocken 25 g + Beeren 200 g | 2 x   | Toast 10 g + Banane 100 g |
|           | GreenCarbs | 1 x   | Karottensaft 150 ml              | 1 x   | Karottensaft 150 ml       |
|           | Fette      | 2 x   | Leinöl 5 g + Leinöl 5 g          | 2 x   | Butter 5 g + Butter 5 g   |
|           | Adds       | 2 x   | Honig 5 g + Honig 5 g            | 1 x   | Pomodori sechi 15 g       |

|             |            |     |                           |     |                             |
|-------------|------------|-----|---------------------------|-----|-----------------------------|
| Mittagessen | Protein    | 1 x | Bohnen Dose 100 g         | 1 x | Magerschinken 100 g         |
|             | RedCarbs   | 2 x | Hirse, roh 50 g           | 2 x | Semmel 50 g                 |
|             | GreenCarbs | 1 x | Brokkoli 150 g            | 2 x | Apfel 100 g                 |
|             | Fette      | 2 x | Olivenöl 5 g + Butter 5 g | 1 x | Mayo 25 % 20 g              |
|             | Adds       | 1 x | Parmesan 5                | 1 x | Ketchup 20 g + Essiggurkerl |

|            |            |     |                              |     |                             |
|------------|------------|-----|------------------------------|-----|-----------------------------|
| Abendessen | Protein    | 1 x | TK-Dorsch 150 g              | 1 x | Low-Carb-Pasta, roh 25 g    |
|            | RedCarbs   | 1 x | Reis, roh 25 g               | 1 x | Low-Carb-Pasta, roh 25 g    |
|            | GreenCarbs | 1 x | Spinat 300 g                 | 1 x | passierte Tomaten 250 g     |
|            | Fette      | 2 x | Kokosmilch light 80 g + 80 g | 2 x | Olivenöl 5 g + Olivenöl 5 g |
|            | Adds       | 1 x | Sweet-Chilly-Sauce 15 g      | 1 x | Parmesan 5 g                |

|               |            |     |                                 |     |                                   |
|---------------|------------|-----|---------------------------------|-----|-----------------------------------|
| Zwischendurch | Protein    | 1 x | Proteinshake 25 g               | 1 x | Magertopfen 150 g                 |
|               | RedCarbs   | 2 x | Muffin 20 g + Marshmallows 30 g | 2 x | Schokolade 15 g + Schokolade 15 g |
|               | GreenCarbs | -   | -                               | -   | -                                 |
|               | Fette      | 1 x | Nussmus 5 g                     | 1 x | Leinöl 5 g                        |
|               | Adds       | -   | -                               | 1 x | Honig 5 g                         |